

PROJECT SHOWCASE

SENIOR LIVING



KILLEEN LIONS CLUB SENIOR CENTER

FACILITY SIZE

730 sqft

COMPLETION DATE

December 2018

LOCATION

1700 E Stan Schlueter
Loop, Bldg B
Killeen, TX 76542

DEMOGRAPHICS

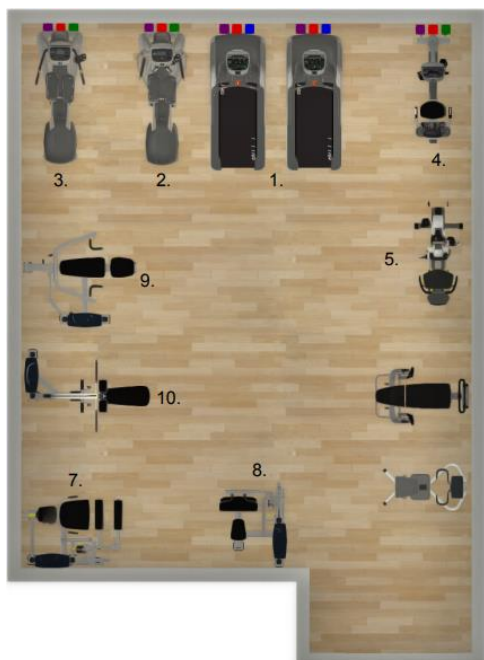
Adults age 55+

WEBSITE

[www.killeentexas.gov/
197/Senior-Centers](http://www.killeentexas.gov/197/Senior-Centers)

LONG-AWAITED RENOVATION A BOON TO CITIZENS' HEALTH

The City of Killeen's Senior Center is set to reopen after a three month closure due to renovations. With no fees to join and plenty of offerings and activities, the center is a key wellness resource for local seniors. Membership includes access to an indoor walking track, fitness classes, cardio equipment and weekly Pickleball play. Classes offered are Aerobics, Circuit & Strength Training, Sit & Be Fit, Yoga, Zumba, as well as an Exercise Orientation class on Fridays. This class is mandatory for members who want to use the exercise equipment or be in the exercise room, providing important instruction on how to best use the equipment for a safe effective workout. Free blood pressure checks, a healthy lunch menu at the Kitchen and seminars on health plans and traveling show that health and fitness are a top priority. Other activities held at the center keep seniors' mental and emotional health strong and vibrant - painting, sewing, ceramics, karaoke, dancing, Book Club and town hall meetings are the most popular events. "We're the best-kept secret in Killeen," said Debbie Edwards, senior center manager. We would have to agree!



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| 1. TRM 835 | 7. LEG EXT/CURL |
| 2. EFX 835 | 8. BICEP/TRICEP |
| 3. EFX 833 | 9. MULTI-PRESS |
| 4. RBK 835 | 10. LAT PULL/ROW |
| 5. SCIFIT PRO 2 | 11. STRETCH TRAINER |
| 6. AB-X | |



